A warm and settled week of weather to come

21 May 2012 - Forecasters from the Met Office say the weather will be mostly dry and warm with sunny spells this week.

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Temperatures could reach as high as 26 °C by midweek in places, giving us the warmest day of the year so far.

Met Office Deputy Chief Forecaster Baden Hall said: "There will be variable amounts of cloud around so bright or sunny spells are most likely with any unbroken sunshine reserved for the coming weekend."

Even with variable cloud cover, the sun's UV levels are likely to be quite high and the public are encouraged to stay up-to-date with the Met Office's UV forecasts across the whole of the UK.

Charlotte Fionda, Development Director for Skcin , said: "Everyone enjoys the sun and it is important for our general health and the production of Vitamin D. We know over exposure to UV from sunlight can cause skin damage leading to premature aging and potentially skin cancer, the UK's most common cancer. Skcin are teaming up with the Met office to help ensure UV forecasts are easily accessible for all."

This week's settled weather is good news for the Olympic torch's journey through the south-west of England and into south Wales. If you are planning to head out to follow the Olympic Torch then you can check our local forecasts available for locations along its route. In fact the Met Office provides local forecasts for over 5,000 locations across the UK.

Forecasts for the Olympic Torch Relay are available on our website as well as on mobile phones and on our iPhone and Android Apps meaning you are never far from a local, detailed weather forecast.

Forecasts for sporting venues at the Olympic and Paralympic Games will be available as the Games draw closer.

The Met Office are providing weather forecasts to LOCOG as well as local and national government for the Torch Relay, Olympic and Paralympic Games to support event organisers, competing athletes and visitors and spectators alike.

Transcript - Warm weather forecast for this week (PDF, 75 kB)

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Warm weather forecast for this week

Baden Hall – Deputy Chief Forecaster

I suppose the main emphasis on this weeks weather coming up is a lot of dry weather, we're going to see temperatures starting to rise as well so where as last week was a bit on the chilly side in a lot of places its really going to be a noticeable change as we go into the middle part of this week. Temperatures climbing into the mid, possibly the high twenties in some areas. If we turn to this screen here you can see the UK in the middle there and its tied in with this warmer air out to the east and you can see the yellows and the oranges progressively getting warmer as we go east there. If I click through the next few frames you can see that that brighter colours there moving their way westward as we go through the middle part and into the latter part of this week. So the effective changes are an increased temperatures and a much warmer feel as we go through Wednesday, Thursday and Friday.

In terms of cloud and sunshine over the next few days. It may be a little bit of a slow start across, particularly some central and eastern parts of the country there's probably going to be a lot of cloud around during the mornings but as we go towards lunch time, more in the way of sunshine breaking through and as the sun comes through temperatures are going to rise pretty fast. So with the sunshine we're also looking at quite high UV levels so perhaps if you're heading out for the torch relay or some other outdoor event during the rest of the week it is worth bearing in mind the UV levels will be a bit on the high side and keep an eye on our website for the latest forecast.

During the latter part of the week and into the weekend we'll see a little bit of a change and again that very warm air that I was showing you on here that was over the country during the middle part of the week, gradually starts to move away and if I click through into Friday and Saturday you can see the colours are turning more green again and that just indicates a sort of fresher feel to the weather. Where the humidity was during the middle of the week starts to drop we get an increase in breeze as well and we can see that with the tightness of the isobars so a fresher feel but temperatures still above average and in fact into Saturday if anything more in the way of sunshine so really quite a sunny day.